

TRICARE Choices for the Reserve Component

Meeting Your Health Care Needs Before, During, and After Deployment



TRICARE is committed to meeting the health care needs of Reserve Component members and their families before, during, and after deployment. The Reserve Component includes the Army National Guard, the Army Reserve, the Navy Reserve, the Marine Corps Reserve, the Air National Guard, the Air Force Reserve, and the U.S. Coast Guard Reserve. Visit www.tricare.osd.mil/reserve for information about your health care benefits. To verify eligibility, visit <https://www.dmdc.osd.mil/Guard-ReservePortal>.

TRICARE Stateside

TRICARE Regional Contractors

TRICARE South:

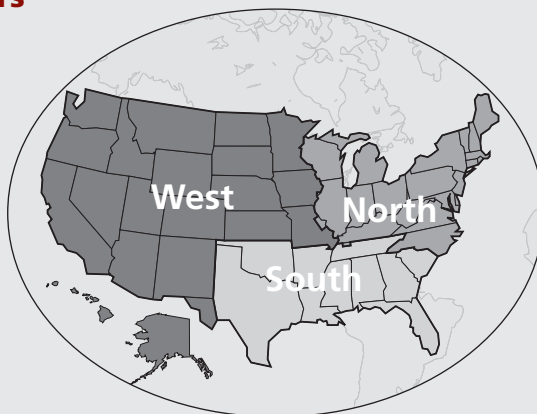
Humana Military Healthcare Services, Inc.
1-800-444-5445
www.humana-military.com

TRICARE North:

Health Net Federal Services, Inc.
1-877-TRICARE (1-877-874-2273)
www.healthnetfederalservices.com

TRICARE West:

TriWest Healthcare Alliance
1-888-TRIWEST (1-888-874-9378)
www.triwest.com



Overseas

TRICARE Area Offices (TAO)

TRICARE Pacific:

011-81-611-743-2036
www.tricare.osd.mil/overseas/index.cfm

TRICARE Latin America and Canada:

1-706-787-2424
<http://tricare15.army.mil>

TRICARE Europe:

0049-6302-67-7433/7434
www.europe.tricare.osd.mil

When You Are Covered *(See the back of this handout for information about family coverage.)*

Your Status	Potential Coverage*	Description	For Information
On active duty orders for 30 days or less, or while drilling (inactive duty training)	Line of duty care only	Covered for any injury, illness, or disease incurred or aggravated in the line of duty.	Contact your unit commander or designated medical/dental representative.
	TRICARE Dental Program (TDP)	A voluntary dental plan you may purchase when not covered by active duty dental benefits.	Call 1-800-866-8499 or visit www.ucci.com for more information.
On active duty orders for more than 30 consecutive days	Pre-activation benefit**	Eligible for active duty health and dental benefits for up to 90 days before active duty begins (with delayed-effective-date orders).	Visit https://www.dmdc.osd.mil/Guard-ReservePortal to check eligibility. Contact your regional contractor or overseas TAO for assistance with obtaining care.
	Active duty health benefits	Covered by TRICARE same as active duty service members.	Follow the protocol of your assigned duty station for health care.
	Active duty dental benefits	Disenrolled from TDP and obtain dental services same as active duty service members.	Follow the protocol of your assigned duty station for dental care.
When released from active duty	Transitional TRICARE coverage for 180 days** (under TAMP)	TRICARE coverage and cost-shares same as active duty family members under the Transitional Assistance Management Program (TAMP). Eligible for TDP.	Visit https://www.dmdc.osd.mil/Guard-ReservePortal to check eligibility. Contact your regional contractor or overseas TAO for assistance with obtaining care.
	TRICARE Dental Program (TDP)	A voluntary dental plan you may purchase when not covered by active duty dental benefits.	Call 1-800-866-8499 or visit www.ucci.com for more information.
	TRICARE Reserve Select (TRS)**	A voluntary plan you may purchase that offers coverage similar to TRICARE Standard. You must agree to serve in the Selected Reserve before you leave active duty to qualify. Coverage begins after TAMP if you purchase the plan.	Visit https://www.dmdc.osd.mil/Guard-ReservePortal to check eligibility. Contact your regional contractor or overseas TAO for assistance with obtaining care.
	Continued Health Care Benefit Program (CHCBP)	A temporary health plan you may purchase after TAMP ends. Provides up to 18 months of coverage.	Call Humana Military Healthcare Services, Inc. at 1-800-444-5445 or visit www.tricare.osd.mil/chcbp .

*Contact your Reserve Component personnel office to determine your eligibility for these programs.

**Active duty must be in support of a contingency operation to qualify. Examples of contingency operations include Operations Enduring Freedom, Noble Eagle, and Iraqi Freedom.

Ensuring Your Family Is Eligible for TRICARE

Eligibility is determined by the Services/Reserve Component. The first step is to register or update all your eligible family members in the Defense Enrollment Eligibility Reporting System (DEERS). **Registration in DEERS is your key to all TRICARE benefits.** For more information, visit www.tricare.osd.mil/DEERSAddress or call 1-800-538-9552 (California: 1-800-344-4162) Monday through Friday, 9 a.m. to 6:30 p.m. Eastern Standard Time.

When Your Family Is Covered

Your Status	Potential Coverage*	Description	For Information
On active duty orders for 30 days or less, or while drilling (inactive duty training)	No health coverage, unless covered by TAMP or TRS (see below)		
	TRICARE Dental Program (TDP)	A voluntary dental plan you may purchase for your family at any time (not dependent on whether or not you are on active duty).	Call 1-800-866-8499 or visit www.ucci.com for more information.
On active duty orders for more than 30 consecutive days	Pre-activation benefit**	Eligible for TRICARE coverage as active duty family members for up to 90 days before your active duty service begins.	Family members should contact the regional contractor or overseas TAO where they live for assistance with obtaining care.
	TRICARE health coverage	Covered by several TRICARE options depending on where they live while you are on active duty.	Family members should contact the regional contractor or overseas TAO where they live for assistance with obtaining care.
	TRICARE Dental Program (TDP)	Same reduced premiums as active duty family members. May enroll if not previously enrolled (within 30 days of the start of active duty). Otherwise, a minimum 12-month enrollment is required.	Call 1-800-866-8499 or visit www.ucci.com for more information.
When released from active duty	Transitional TRICARE coverage for 180 days** (under TAMP)	TRICARE coverage and cost-shares same as active duty family members under TAMP. Eligible for TDP.	Family members should contact the regional contractor or overseas TAO where they live for assistance with obtaining care.
	TRICARE Dental Program (TDP)	A voluntary dental plan you may purchase for your family at any time.	Call 1-800-866-8499 or visit www.ucci.com for more information.
	TRICARE Reserve Select (TRS)**	A voluntary plan you may purchase that offers coverage similar to TRICARE Standard. You must agree to serve in the Selected Reserve before you leave active duty to qualify. Coverage begins after TAMP if you purchase the plan.	Visit https://www.dmdc.osd.mil/Guard-ReservePortal to check eligibility. Contact your regional contractor or overseas TAO for assistance with obtaining care. You may also visit www.tricare.osd.mil/reserve/reserveselect for more information about TRS.
	Continued Health Care Benefit Program (CHCBP)	A temporary health plan you may purchase after TAMP ends. Provides up to 18 months of coverage.	Call Humana Military Healthcare Services, Inc. at 1-800-444-5445 or visit www.tricare.osd.mil/chcbp .

*Contact your Reserve Component personnel office to determine your eligibility for these programs.

**Active duty must be in support of a contingency operation to qualify. Examples of contingency operations include Operations Enduring Freedom, Noble Eagle, and Iraqi Freedom.

Mobilization Checklist[†]

Before receiving deployment notification:

- ☐ Enroll family members in DEERS and/or update information as needed.
- ☐ Get your Will and other legal documents in order.
- ☐ Contact your command or unit family readiness representative for help with completing your family care plan.
- ☐ Review your TRICARE options.
- ☐ Review your civilian employer's health and dental coverage options while on active duty.
- ☐ Determine costs and benefits of both TRICARE and civilian options before choosing one or the other.

[†]For a more complete and comprehensive member and family readiness checklist, visit the Reserve Affairs Web site at www.defenselink.mil/ra and browse to <Family Readiness><Toolkit> or consult your Reserve Component resources.

Upon receiving deployment orders:

- ☐ Confirm that your family's DEERS information is current.
- ☐ Get military ID cards for eligible family members.
- ☐ Give your family copies of your orders.
- ☐ Visit www.tricare.osd.mil/reserve for information on TRICARE.
- ☐ Contact your civilian employer to continue or discontinue your employer health and/or dental coverage.
- ☐ Contact your military legal assistance office to appoint your power of attorney and update your Will.
- ☐ Contact your command or unit family readiness representative for help in updating your family care plan.
- ☐ Contact your finance office to set up an allotment, if applicable.
- ☐ Make other financial arrangements as required.
- ☐ Review life insurance for spouse and yourself.

An Important Note About TRICARE Program Changes

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law. Changes to TRICARE programs are continuous, and new benefits are added regularly as we continue to make TRICARE a better program for you. For the most recent information, visit www.tricare.osd.mil.